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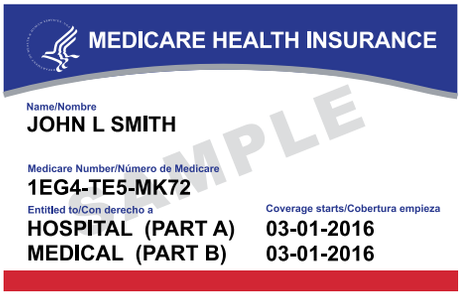

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2018-19 NBA season kicks off tonight. 28

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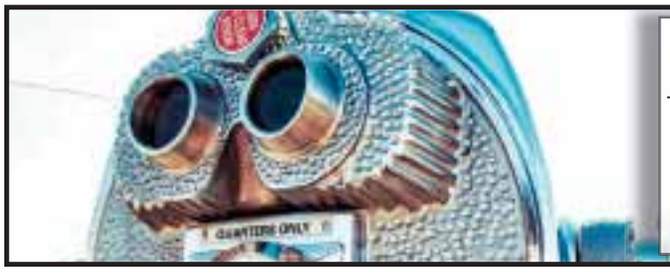
NOT SO PROUD

Police are trying to identify several members of the Proud Boys, an alt-right "Western chauvinist" group, after a series of violent altercations in the city last week. 4

PHOTO ILLUSTRATION ISTOCK & GETTY IMAGES



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PAT KING, COMMERICAL EDITOR

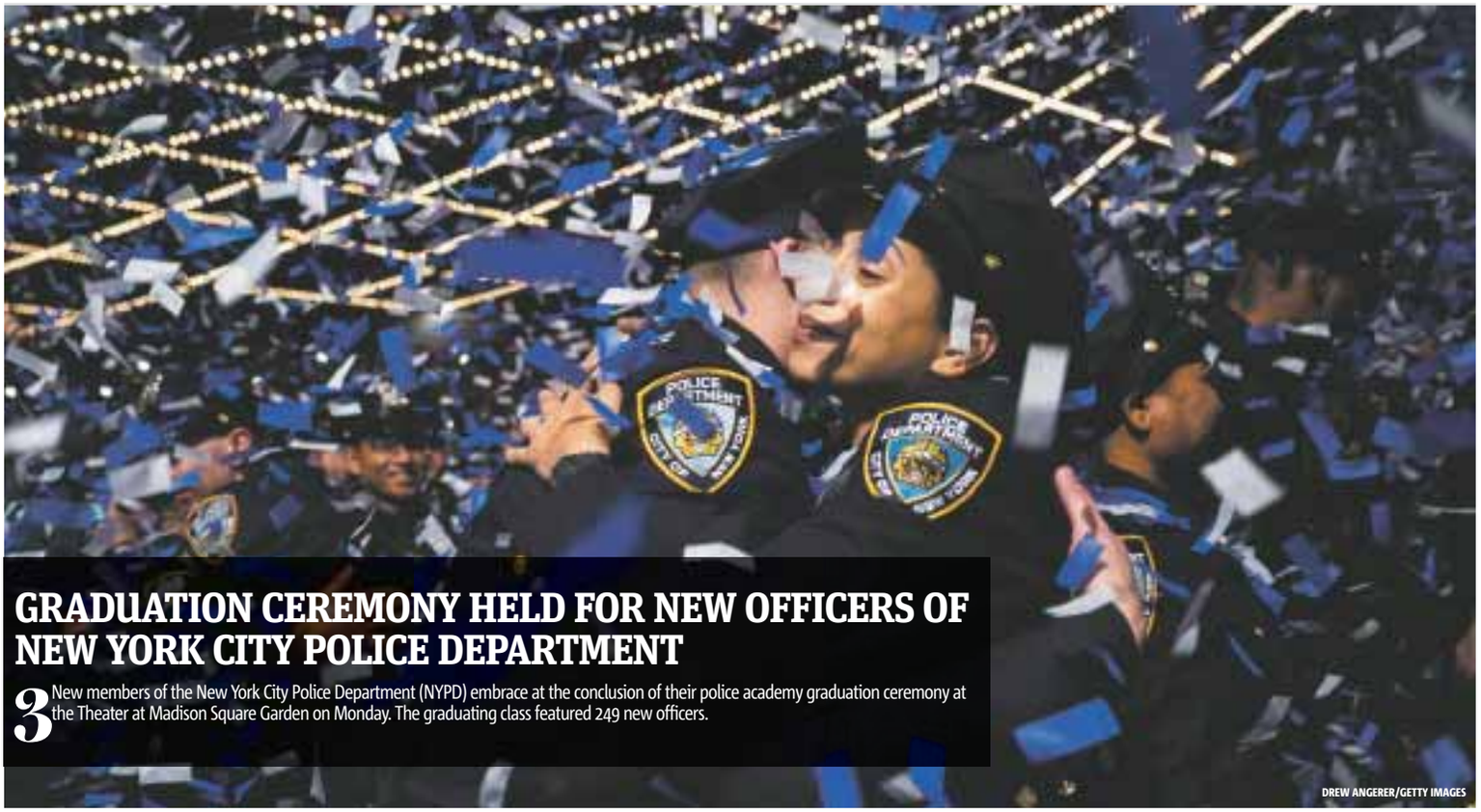
Singer, auto-tune pioneer and successful entrepreneur T-Pain has risen to fame and fortune by tuning out all of the naysayers and hesitant voices in the back of his mind. I sat down with the "Buy U a Drank" rapper to talk about his new show, "T-Pain's School of Business," and to get a free lecture on creativity from one of the most influential musicians of the past 20 years. I mean, c'mon. It's T-Pain! Read about it on Pages 14-15 or at **metro.us.**

JUDGE DISMISSES STORMY DEFAMATION LAWSUIT

1 A U.S. judge on Monday dismissed adult-film actress Stormy Daniels's defamation lawsuit against President Donald Trump and ordered her to pay his attorney's fees, saying a tweet the president had written referring to her was protected by free-speech laws. Daniels' lawyer, Michael Avenatti, said they would appeal the decision. Daniels, whose real name is Stephanie Clifford, has said she had a sexual encounter with Trump in 2006. Daniels has said that in 2011, a man approached her in a Las Vegas parking lot and threatened her after she had agreed to talk about her experience with Trump in an interview. She then released a sketch of the man. Trump responded by dismissing her claims in a tweet, saying, "A sketch years later about a nonexistent man. A total con job, playing the Fake News Media for Fools (but they know it)!" Daniels, who has also sued over a $130,000 hush money agreement over the alleged encounter, sued over the tweet, claiming it made her appear to be a liar. Attorneys for Trump have sought to dismiss both lawsuits.

WARREN SAYS DNA TEST BACKS HER ANCESTRY

2 Democratic Sen. Elizabeth Warren, ridiculed by U.S. President Donald Trump as "Pocahontas" for claiming Native American heritage, hit back on Monday with DNA evidence she said supported her assertion, a possible preview of a bare-knuckles presidential campaign in 2020. The Massachusetts lawmaker, known as a liberal firebrand in her party, said last month she would take a "hard look" at running for the Democratic nomination to challenge Republican Trump in 2020. She and Trump clashed frequently through the 2016 presidential campaign and Trump has cast aspersions on her claim to Native American ancestry. "When I decided to run for Senate in 2012, I never thought that my family's Native American heritage would come under attack and my dead parents would be called liars," she said in a statement on Monday. "And I never expected the president of the United States to use my family's story as a racist political joke," she said. Trump taunted Warren over the issue at a July rally in Montana. "I will give you a million dollars to your favorite charity, paid for by Trump, if you take the test and it shows you're an Indian," he said.



GRADUATION CEREMONY HELD FOR NEW OFFICERS OF NEW YORK CITY POLICE DEPARTMENT

3 New members of the New York City Police Department (NYPD) embrace at the conclusion of their police academy graduation ceremony at the Theater at Madison Square Garden on Monday. The graduating class featured 249 new officers.

DREW ANGERER/GETTY IMAGES

HARVARD ACCUSED OF ASIAN-AMERICAN BIAS

4 Harvard University discriminates against Asian-American applicants in order to limit how many it admits, a lawyer for a group suing the school said on Monday at the start of a trial that could have wider implications for the role of race in U.S. college admissions. The trial in federal court in Boston pits the Ivy League school against Students for Fair Admissions (SFFA), which was founded by an anti-affirmative action activist and whose case is backed by the Trump administration. The case could eventually reach the U.S. Supreme Court, giving the newly cemented five-member conservative majority a chance to bar the use of affirmative action to help minority applicants get into college, legal experts say. In previous rulings on affirmative action, the Supreme Court has allowed colleges to include race as one factor among others in assessing applicants. In his opening statement, Adam Mortara, a lawyer for SFFA, accused Harvard of going further than the court has allowed by engaging in "racial balancing" and keeping Asian-American admissions in the years before SFFA sued in 2014 at or under 20 percent annually.

MICROSOFT CO-FOUNDER PAUL ALLEN DIES AT 65

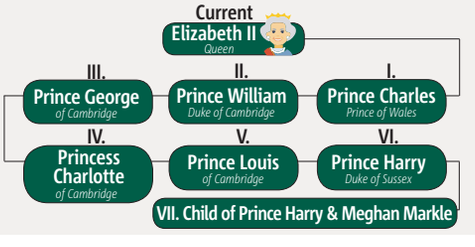
5 Microsoft Corp. co-founder Paul Allen, who had been suffering from non-Hodgkin's lymphoma, a form of cancer, passed away at the age of 65 on Monday, his family said. Allen had said earlier this month that he had started treatment for non-Hodgkin's lymphoma, the same type of cancer he overcame nine years ago. Born in Seattle, Allen attended Washington State University for two years before dropping out to co-found Microsoft in 1975 with Bill Gates, a friend of his from high school. Allen, who left Microsoft in 1983, set up investment firm Vulcan Inc. in 1986 to manage his multibillion-dollar portfolio. "Paul Allen's contributions to our company, our industry and to our community are indispensable," Microsoft Chief Executive Officer Satya Nadella said in a statement. "As co-founder of Microsoft, in his own quiet and persistent way, he created magical products, experiences and institutions, and in doing so, he changed the world." Allen, who ranked 44th on Forbes magazine's 2018 list of billionaires with a $20.5 billion fortune, was a major benefactor in Seattle, funding everything from libraries and universities to brain research.

STATS

STATISTA RESEARCH

THE SUCCESSORS TO THE BRITISH THRONE

The Duke and Duchess of Sussex, Harry and Meghan, announced to the world yesterday that (all being well) they will have a baby in the spring of next year. Prince Harry revealed his lack of desire to become king last year, saying: "Is there any one of the royal family who wants to be king or queen? I don't think so, but we will carry out our duties at the right time."



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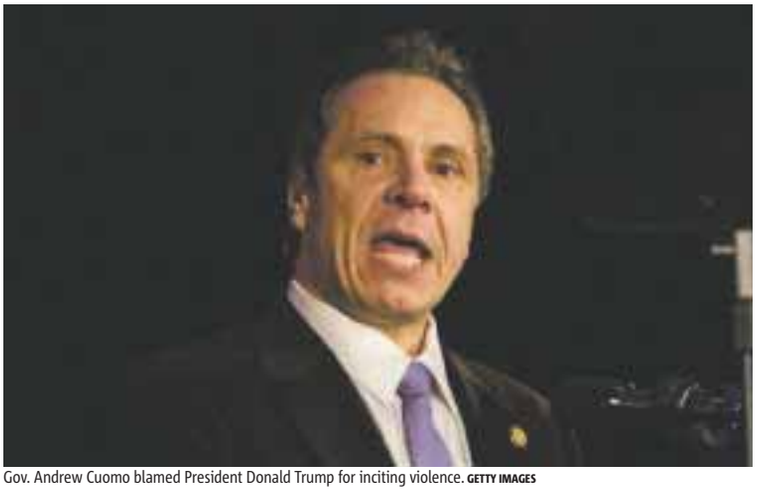
Proud Boys attack has New York officials searching for answers

Members of the alt-right group were seen beating protesters outside of a Republican event.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us



Gov. Andrew Cuomo blamed President Donald Trump for inciting violence. GETTY IMAGES

New York City officials are speaking out against the Proud Boys after members of the alt-right group were caught on video beating up protesters outside of Manhattan's Metropolitan Republican Club this past Friday.

The NYPD is asking for help identifying three suspects involved in the violent incident. The department released photos of men who were captured on video punching and kicking people lying on the sidewalk.

The Proud Boys have been deemed a hate group by the Southern Poverty Law Center and have been associated with alt-right and white supremacist actions.

Founded by Gavin McInnes, who co-founded Vice Media in 1994 and left the company in 2008, the Proud Boys describe themselves as "western chauvinists." The members of the men-only group "long for the days when 'girls were girls and men were men,'" according to their website.

But Proud Boys rhetoric goes behind gender roles. Though the group denies any connection to the alt-right, its members have spread white nationalist memes, partaken in the "Unite the Right" rally in Charlottesville, Virginia, and aligned themselves with neo-Nazis. The group has been known for its support of President Donald Trump, particularly praising policies like the Muslim ban.

On Friday, McInnes hosted an event at the Metropolitan Republican Club. Ahead of that event, the Metropolitan Republican Club was vandalized, the New York Times reported, with anarchist symbols over the doors and windows broken.

"Last night the Metropolitan Republican Club was vandalized by the leftist hate group Antifa, who also left a note promising 'this is just the beginning' and threatening more violence," the Metropolitan Republican Club wrote on Facebook on Friday afternoon.

McInnes' appearance Friday night drew protesters to the UES club. Proud Boy members beat some of the protesters, according to videos from the scene. In a video taken by journalist Sandi Bachom, dozens of Proud Boys members can be seen swarming protestors, kicking them as they lay on the ground and yelling "You're dead, motherf—." The men then chant "U.S.A."

Freelance photojournalist Shay Horse took pictures at the scene, saying on Twitter that the Proud Boys stood for a group photo after the attack, "flashing their white power hand symbol before marching towards a downtown train."

"Authorities must review these videos immediately and make arrests and prosecute as appropriate," Gov. Andrew Cuomo said on Twitter. "Hate cannot and will not be tolerated in New York."

To read more on the Proud Boys, go to Metro.us.

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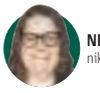
AARON FLACKE

Meet 'Connie,' the very first TWA Hotel guest

"Connie," a 1958 Lockheed Constellation airplane, will serve as a unique cocktail lounge and event space for the forthcoming TWA Hotel.



NIKKI M. MASCALI
nikki.mascali@metro.us

The very first guest of the forthcoming TWA Hotel at JFK Airport is checking in months before its doors officially open next spring — and she's never actually checking out.

Meet "Connie," a newly restored 1958 Lockheed Constellation airplane, which will become a unique cocktail lounge and event space for the 512-room TWA Hotel.

Last week, Connie's fuselage and tail made a 300-mile trek from Auburn-Lewiston Airport in Maine through New Hampshire, Massachusetts, Connecticut and New York to her new home at JFK Airport, accompanied by a convoy of state police, civilians and a "Queens or Bust!" sign. Her wings and engines will travel separately to the TWA Hotel.

Connie's trip to the TWA Hotel wasn't without some typical road trip fun, including visiting a few scenic rest stops and getting a flat tire. But now Connie is home at JFK Airport, where she's truly come full circle.

"Our Connie started her illustrious TWA career at Idlewild [now JFK] in 1958," said Tyler Morse, CEO of TWA Hotel developer MCR and Morse Development. "She was replaced by jets in 1960 and survived working as an Alaskan bush plane in the 1970s, only to be abandoned by drug runners in Honduras in the 1980s. We're excited for her return to JFK as the Queen of Queens."

The TWA Hotel is slated to open in Spring 2019 and will restore Eero Saarinen's iconic TWA Flight Center, which opened in 1962.

To see more photos, go to **Metro.us.**

6 Fast facts about the Connie airplane at TWA Hotel

The 1958 Lockheed Constellation airplane known as "Connie" is sure to be a much-Instagrammed part of the TWA Hotel, but her past is just as illustrious as her future (and we're not just talking about what she may have seen with those Honduran drug runners).

Here are a few more tidbits about TWA Hotel's Connie aircraft:

- She's one of only four remaining L-1649A Lockheed Constellation airplanes in the world.
- The aircraft was commissioned by TWA's eccentric and reclusive former owner, Howard Hughes.
- The Connie fit 45 people and went 300 mph.
- With Hughes at the helm, the Connie broke the record for fastest nonstop trip from Burbank, California, to New York in 1946.
- The Lockheed Constellation fleet served as Air Force One for President Dwight D. Eisenhower in the 1950s.
- While Eero Saarinen designed the TWA Flight Center around propeller-driven aircrafts, by the time it opened in 1962, it was functionally obsolete due to new jets taking flight.

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We take the time to understand the needs and concerns of our Medicare and Medicaid health plan members to help them make the right decisions.

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NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.

NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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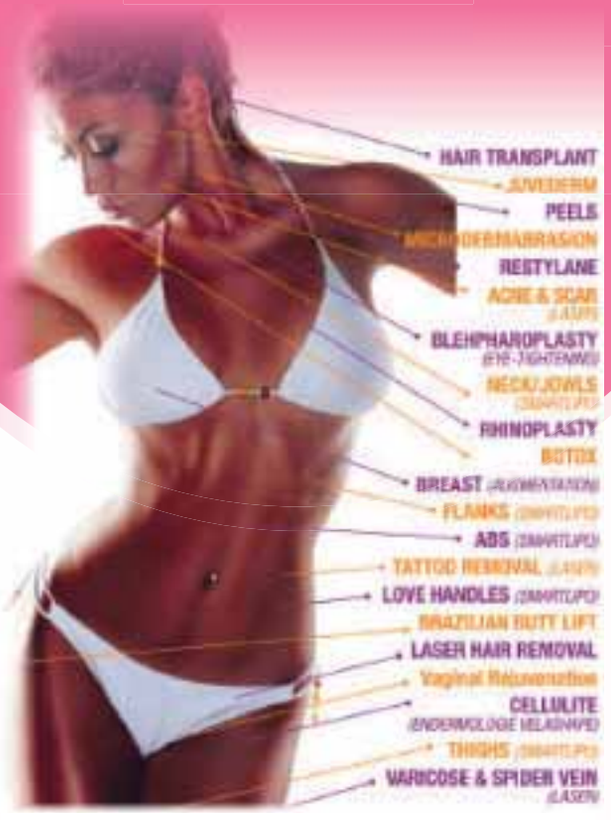

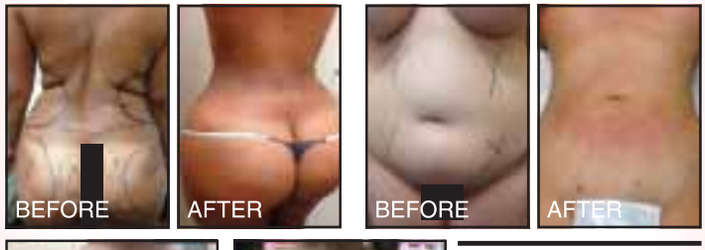

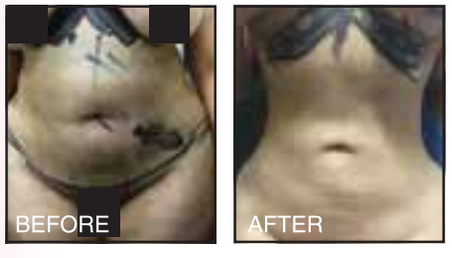

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Turkish forensics arrive at Saudi Arabia's consulate in Istanbul. GETTY IMAGES

Saudis preparing to admit to killing missing journalist in botched interrogation: Reports

President Donald Trump sent Secretary of State Mike Pompeo to meet with King Salman.

Saudi Arabia is preparing to acknowledge the death of Saudi journalist Jamal Khashoggi in a botched interrogation, CNN and the New York Times said on Monday, after U.S. President Donald Trump speculated "rogue killers" may be responsible.

Trump dispatched Secretary of State Mike Pompeo to meet King Salman over the case that has strained the Americans' relationship with the Saudis, carefully cultivated by the president.

Khashoggi, a U.S. resident, Washington Post columnist and leading critic of the powerful Saudi crown prince, Mohammed bin Salman, vanished after entering the Saudi consulate in Istanbul two weeks ago to get marriage documents. Turkish officials say they believe he was murdered there and his body removed.

Citing two unidentified sources, CNN reported on Monday that Saudi Arabia is preparing a report that would acknowledge Khashoggi was killed as the result of an interrogation that went wrong. The Saudi government could not be reached immediately for comment on the CNN report.

"I heard that report, but nobody knows if it's an official report," Trump told reporters, without elaborating.

The New York Times, citing a person familiar with the Saudi plans, reported the crown prince had approved an interrogation or rendition of Khashoggi back to Saudi Arabia. The Saudi government, it said, would shield the prince by blaming an intelligence official for the bungled operation.

The case has provoked

BlackRock and Blackstone CEOs withdraw from Saudi conference

BlackRock Chief Executive Larry Fink and Blackstone Group CEO Stephen Schwarzman will no longer attend a high-profile conference in Saudi Arabia, a source familiar with the matter told Reuters on Monday, becoming the latest senior executives to withdraw amid concerns about a missing journalist.

BlackRock, the world's largest fund manager, and Blackstone, the world's biggest manager of alternative investments, had both previously planned to attend the Future Investment Initiative conference in Riyadh.

Both companies declined to comment when contacted by Reuters.

The moves by the U.S. executives follow similar withdrawals from the event by JP Morgan & Chase Co. Chief Executive Jamie Dimon and Ford Motor Co. Chairman Bill Ford on Sunday.

Executives from media, technology and financial firms have in the last few days withdrawn from the conference, scheduled for Oct. 23-25, after the disappearance of Saudi journalist Jamal Khashoggi.

Khashoggi, a U.S. resident and Washington Post columnist critical of Riyadh's policies, dis-

an international outcry against Saudi Arabia, the world's top oil exporter, with more media and business executives pulling out of a planned investment conference there this month.

While organizers said Monday the conference will go on, the Saudis canceled an annual diplomatic reception in Washington set for later this week.

Many members of Congress, which has long had a testy relationship with Saudi Arabia, have issued strong criticism of the kingdom over the case.

Turkish authorities have an audio recording indicating that Khashoggi was killed in the consulate, a Turkish official and a security source told Reuters, and have shared evidence with countries including Saudi Arabia and the United States. They provided no further details.

Saudi Arabia has strongly denied killing Khashoggi and has denounced such assertions as "lies," saying he left the building shortly after entering.

"The king firmly denied any knowledge of it," Trump told reporters after speaking with King Salman. "He didn't really know, maybe — I don't want to get into his mind but it sounded to me — maybe these could have been rogue killers. Who knows?"

The president gave no evidence to support the theory. Democratic lawmakers criticized Trump for using the term "rogue killers."

"Been hearing the ridiculous 'rogue killers' theory was where the Saudis would go with this," Democratic U.S. Senator Chris Murphy said on Twitter.

"Absolutely extraordinary they were able to enlist the President of the United States as their PR agent to float it."

Trump called Pompeo on Sunday night and asked him to have face-to-face meetings with the Saudi leaders, State Department spokeswoman Heather Nauert said.

> **"The king firmly denied any knowledge of it."**
> President Donald Trump

Trump said Pompeo may go to Turkey after Saudi Arabia.

Turkish police investigators entered the Istanbul consulate late on Monday. A Turkish diplomatic source had earlier said a joint Turkish-Saudi team would search the building — the last place Khashoggi was seen before he vanished on Oct. 2.

"It has been 13 days since the event, so surely proving some of the evidence might be difficult" the Turkish official said.

A Saudi official, not authorized to speak publicly, told Reuters that the king had ordered an internal investigation based on information from the joint team in Istanbul.

Trump has threatened "severe punishment" if it turns out Khashoggi was killed in the consulate, although he has ruled out cancelling arms deals worth tens of billions of dollars with Saudi Arabia. European allies have urged "a credible investigation" and accountability for those responsible.

Khashoggi, a familiar face on Arab talk shows, moved to the United States last year fearing retribution for his criticism of Prince Mohammed, who has cracked down on dissent with arrests.

A pro-government Turkish daily published preliminary evidence last week from investigators who it said had identified a 15-member Saudi intelligence team that arrived in Istanbul on diplomatic passports hours before Khashoggi disappeared.

The Saudi consulate referred Reuters to authorities in Riyadh, who did not respond to questions about the 15 Saudis.

Saudi Arabia has responded to Western statements by saying it would retaliate against any pressure or economic sanctions "with greater action," and Arab allies rallied to support it.

The Saudi riyal fell to its lowest in two years and its international bond prices slipped over fears that foreign investment could shrink amid international pressure.

The Saudi stock market had tumbled 7.2 percent over the previous two trading days but rebounded 2 percent on Monday.

Concern over Khashoggi's disappearance has prompted media organizations and a growing number of guests to pull out of a "Davos in the Desert" investment conference set for Oct. 23-25, which has become the biggest show for investors to promote Prince Mohammed's reform vision. REUTERS

Chairman and CEO of BlackRock Larry Fink and co-founder and CEO of Blackstone Stephen Schwarzman. GETTY IMAGES

appeared on Oct. 2 after entering the Saudi consulate in Istanbul. Turkey believes he was murdered and his body removed. Saudi Arabia has denied that.

Saudi Arabia on Sunday warned against threats to punish it over last week's disappearance of Khashoggi, as European leaders piled on pressure.

Google also on Monday announced it would boycott a business conference in Saudi Arabia, after the disappearance of Khashoggi.

Google said in a statement that Google Cloud Chief Executive Diane Greene would not attend the Future Investment Initiative Summit, to be held in Riyadh starting Oct. 23.

Khashoggi, a U.S. resident, Washington Post columnist and leading critic of Saudi crown prince Mohammed bin Salman, vanished after entering the Saudi consulate in Istanbul on Oct. 2 to get marriage documents.

Since news of his disappearance, many American companies, including Uber, Viacom and Ford, have pulled out of the three-day conference, known as "Davos in the Desert." REUTERS

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Trump meets hurricane survivors in devastated Florida Panhandle

The president and first lady were accompanied by Florida Gov. Rick Scott.

President Donald Trump on Monday got a first-hand look at the "total devastation" that Hurricane Michael brought to Florida's Panhandle, meeting with survivors and saying that providing food and safety for them was a top priority.

Trump and first lady Melania passed out bottles of water at an aid center in Lynn Haven, a city of about 18,500 people near Panama City in northwestern Florida, after taking a helicopter ride in from Eglin Air Force Base about 100 miles to the west.

"To see this personally is very tough — total devastation," Trump said.

At least 18 deaths in four states have been blamed on Michael, which crashed into the Panhandle last Wednesday as one of the most powerful storms on record to hit the continental United States.

In Lynn Haven, Trump chatted with residents and praised the crews that had cleared roads on his route. Trump, who traveled to North and South Carolina after they were hit by Hurricane Florence last month, said previous storm sites he had visited seemed to have been hit hardest by water but that Florida's damage was more wind-related.

"Look behind you at these massive trees ripped out of the earth," Trump said to reporters, likening the storm to an "extremely wide tornado."

Upon his arrival at Eglin from Washington, Trump said the day's biggest objective was "just making sure everyone is safe, that they're fed."

"You know many of these people, they have no homes," he said. "Some of them have no trace of a home ... so our big thing is feeding, water and safety."

Trump was accompanied by Florida Gov. Rick Scott, a fellow Republican who is running for a seat in the U.S. Senate against an incumbent Democrat in the Nov. 6 congressional elections. Before the helicopter flight, Trump and Scott offered words of mutual praise.

The Trumps also planned to visit part of neighboring Georgia that was hit by Michael before returning to the White House on Monday evening, the White House said.

Insured losses for wind and storm surge from Hurricane Michael will run

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between an estimated $6 billion and $10 billion, respectively, risk modeler AIR Worldwide said. Those figures do not include losses paid out by the National Flood Insurance Program or uninsured property, AIR Worldwide said.

Michael hit the Florida Panhandle with 155 mph winds as a Category 4 hurricane on the five-step Saffir-Simpson scale.

Rescuers said they expected the death toll to rise and they were using cadaver dogs and heavy equipment to search collapsed homes in small towns such as Mexico Beach and Panama City for more victims.

Rescue efforts have been hampered by blocked roads and huge piles of rubble in many communities such as Mexico Beach, a town of about 1,000 people that took a direct hit from the massive storm that killed at least one person there.

"If we lose only one life, to me that's going to be a miracle," Al Cathey, mayor of Mexico Beach, told Florida media.

Water service was restored to some in Panama City on Monday but Bay County officials said it was not yet safe to drink. Homeowners were advised to keep toilet flushes to a minimum because the sewer system was operating only at half capacity.

The Florida Division of Emergency Management said that while power was returning in most areas, at least 85 percent of customers in four mainly rural Panhandle counties were without electricity on Monday. Officials said it could be weeks before power returns to the most damaged areas.

Trump is fully committed to helping state and local agencies with the recovery, the White House said. It was announced late on Sunday that he had declared a state of emergency in Georgia, freeing up federal resources for the state. A similar declaration had already been made for Florida. REUTERS

"To see this personally is very tough — total devastation."

President Donald Trump

BRIEF

Sears, once a retail titan, files for Chapter 11 bankruptcy

Sears Holdings Corp. filed for Chapter 11 bankruptcy on Monday with a plan to close about 142 of its 700 stores by the end of the year, throwing into doubt the future of the century-old retailer that once dominated U.S. malls but has withered in the age of internet shopping.

The bankruptcy filing to reorganize debts of the parent of Sears, Roebuck & Co. and Kmart Corp. follows a decade of revenue declines, hundreds of store closures, and years of deals by billionaire Eddie Lampert in an attempt to turn around the company he acquired in 2005 for $11 billion.

Lampert, who stepped down as Sears CEO on Monday but will remain chairman, had pledged to restore Sears to its glory days, when it owned the tallest building in the world and companies that included a radio station and Allstate insurance.

But the company, which has close to 70,000 employees, has not turned a profit since 2011, and critics say Lampert let the stores deteriorate over the years, even as he bought the company's stock and lent it money, making him its largest shareholder and creditor.

Lampert and his hedge fund ESL Investments Inc. own just shy of 50 percent of Sears' shares and are its biggest creditor, with about $2.5 billion owed to him and ESL. He has so far not disclosed whether he has turned a profit or loss since he invested in Sears following years of complex financial engineering at the company.

The company listed $6.9 billion in assets and $11.3 billion in liabilities in documents filed in the U.S. Bankruptcy Court in the Southern District of New York. Its debt to Pension Benefit Guaranty Corp., a U.S. government agency overseeing the retirement benefits of former Sears workers, was not disclosed in the bankruptcy filing. REUTERS

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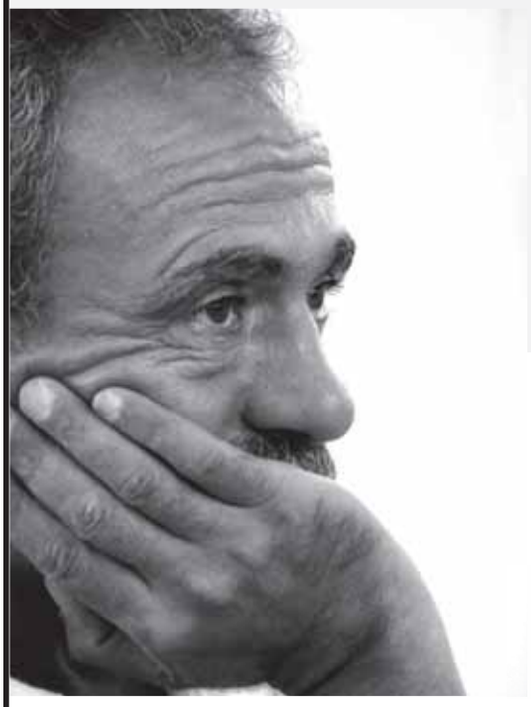

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R02-WM-AM8

Prince Harry and American actress Meghan Markle were married in May of this year. ALL PHOTOS GETTY IMAGES

Harry and Meghan expecting first baby next year

The baby will be seventh in line to the British throne.

Prince Harry and his wife Meghan are expecting their first child in the spring of 2019, around a year after their glittering wedding injected Hollywood glamour into the British royal family.

Harry, 34, younger son of heir-to-the-throne Prince Charles, married the U.S. television star Meghan Markle in May at a ceremony that mixed traditional British pomp with a gospel choir and other nods to her American heritage.

British media said Meghan, 37, was believed to be about 12 weeks pregnant. The baby will be seventh in line to the British throne.

"Their Royal Highnesses have appreciated all of the support they have received from people around the world since their wedding in May and are delighted to be able to share this happy news with the public," the couple's Kensington Palace office said in a statement.

The news emerged shortly after the royal couple landed in Australia for their first overseas tour, a busy trip which will also take in New Zealand and the South Pacific islands of Tonga and Fiji.

British media said Harry and Meghan broke the news of their pregnancy to the royal family on Friday, when they attended the wedding

Twitter places bets on royal baby names

On Monday Prince Harry and Meghan Markle announced that they're expecting their first child together. Markle is due next spring — and now, all that anyone can talk about is royal baby names.

On April 23, Kate Middleton and Prince William welcomed a son into the world. It wasn't until four days later that we found out what they'd be calling him: Louis Arthur Charles.

It took them longer than usual to publicly announce that name — the couple only waited two days after the births of Princess Charlotte and Prince George to reveal each of theirs.

Chances are, then, we won't find out any royal baby names until after Markle's expected 2019 delivery.

Twitter, however, is predicting baby names today.

The first child of Meghan Markle and Prince Harry will be seventh in line to the throne.

If this royal baby is a boy, he would be

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Queen Elizabeth II talks with her grandson Prince Harry, Duke of Sussex, and Meghan, Duchess of Sussex.

of Harry's cousin Princess Eugenie at Windsor Castle, where Harry and Meghan themselves were married five months ago.

There had been media speculation for a number of weeks that Meghan might be pregnant, and the couple had made no secret of their desire to have children.

"Hopefully we'll start a family in the near future," Harry had said in a TV interview when they announced their engagement in November last year.

The child will not be a prince or a princess unless the queen authorizes such a title before the birth. Instead, royal experts said if a boy, the child would officially be styled the Earl of Dumbarton — one of Harry's subsidiary titles — and Lady Windsor if a girl.

"My warmest congratulations to the Duke and Duchess of Sussex on the happy news they are expecting a baby in the Spring," British Prime Minister Theresa May said on Twitter. "Wishing them all the best."

After their arrival in Australia on Monday, Meghan and Harry were escorted by a motorcade to the residence of Australia's governor-general on Sydney's north shore.

Braving rain, well-wishers lined the streets to Admiralty House, where the pair were later spotted by local press enjoying a walk, hand in hand, through the grounds as they recovered from the long plane journey.

Their official duties will begin on Tuesday with a ferry trip across Sydney Harbor and past the Opera House, a visit to Taronga Zoo to see koalas and a viewing of a contemporary indigenous dance troupe. REUTERS

ISTOCK

dubbed Earl of Dumbarton, one of Prince Harry's subsidiary titles given to him on his wedding day, according to The Independent. If it's a girl, she would receive the title of Lady Mountbatten-Windsor. Any younger sons would be known as Lord Mountbatten-Windsor.

However, chairman of Burke's Peerage William Bortrick told People magazine that the Queen could give this new baby similar titles to Middleton and Prince William's children: His Royal Highness Prince (His Name) of Sussex or Her Royal Highness Princess (Her Name) of Sussex.

One Twitter user wrote that, should this baby be a girl, Diana Doria would give tribute to both of the royals' mothers (the late Princess Diana and Doria Ragland).

According to royal correspondent Richard Palmer, some names could include the following, per royal bookies: Alice, Arthur, Philip, Diana, Victoria and Samantha.

Host of Royally Obsessed podcast Kaitlin Menza reported bookies are also betting on Elizabeth, Edward, William, Henry, Alexandra and James. SAM BRODSKY

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Class is in session with 'T-Pain's School of Business'

We spoke with the singer and entrepreneur about his new show on FUSE.

PAT KING
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ALL PHOTOS JASMINE EVARISTO/FUSE

Sometimes, the biggest hurdle in the way of achieving success is that little voice in the back of your head telling you that your unique ideas are not worthwhile. For every great startup that revolutionizes an industry, there are countless that are never funded because the person who came up with the idea never took the chance and jumped into the ball pit. Singer and entrepreneur T-Pain will be treated kindly by history as someone who changed the course of pop music when he emerged on the scene back in the early 2000s. Just think where all of the mumble-rappers in the Top 40 would be without hearing "Buy You a Drink" or "I'm in Love with a Stripper" all those years ago? With his new show, "T-Pain's School of Business," on Fuse, the entertainer will be meeting with young entrepreneurs to give advice on their business decisions and learn a little something from them in the process. We spoke with T-Pain about the show and picked his brain a little on how to chase your dreams.

Tell us about the new show.
Pretty much the idea behind the new show was seeing what entrepreneurs have to really go through the get their businesses off the ground. I don't think a lot of people know the process and they just think that you come up with a good idea and then you just make a lot of money. People don't think about the failures and the trials and tribulations and things you have to go through to really have

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You could interpret the "School" in the title of your show as you going to business school.
The best kind of teachers learn from their students as well. So it's always great to go into a business or into a class knowing that you don't know everything and you can always learn more. We grew up with this idea that teachers were the smartest people in the world. That's why they're teachers. They know everything [laughs]. That's just the most untrue thing we grew up thinking. We make these people go to school for four to seven years to get all of the answers in the book. If we're all gonna learn together then take away the cheat sheet for the teachers and let's all learn together. Everybody's learning at the same time! I'm learning, the people who are watching are learning, and I'm giving my experiences to the people I'm talking to. So literally everybody involved is learning.

Have startups always been something that have sparked your curiosity?
Yeah, I've always been [curious]. I've always just done random Kickstarters. I believe in projects and how people get started and stuff like that. If I spend two grand on your project and if my push can help you out and can get me your product for free before everybody else, then hell, yeah. I'm with you!

Is it safe to say that "innovation" is one of your biggest driving factors?
Yeah, that's what it's all about, man. It's about taking risks. When I see someone doing that for an idea they believe in, I'm automatically drawn to that thing. I want to see it all pan out because I know how much money can be made off of a new idea that might seem silly at first, but then … oh boy. Then you see all the people who said it was silly wish they could help it out and back it. I try not to miss any opportunities like that. I've definitely learned that for sure.

What would be your biggest advice for someone who is looking to follow their dreams?
My main advice to everybody all of the time is don't listen to anybody else. If everybody else knew what a good idea was, they would have made it first. Go ahead and do what you're thinking. If it turns out bad, then do the other thing that you were thinking. Everybody has these ideas but they always get to that point of "Ah, I'm not going to do that. That'll be stupid. Nobody is gonna buy that." It's that point where you go past that and you just do it anyways, that's when it comes into fruition and you start making a ton of f—ing money. That's just how it is. Don't listen to anyone around you, just get past that point. Even people that you respect. When I got in the game and I started producing, all of these producers like Timbaland and people that I really respected, they told me that my beats was whack. You know what I'm saying? I made all of the beats on my first three albums and two of them went gold and one of them went platinum. I'm fine with not listening to anyone around me.

"T-Pain's School of Business" premieres on Oct. 16 at 11 p.m. on FUSE.

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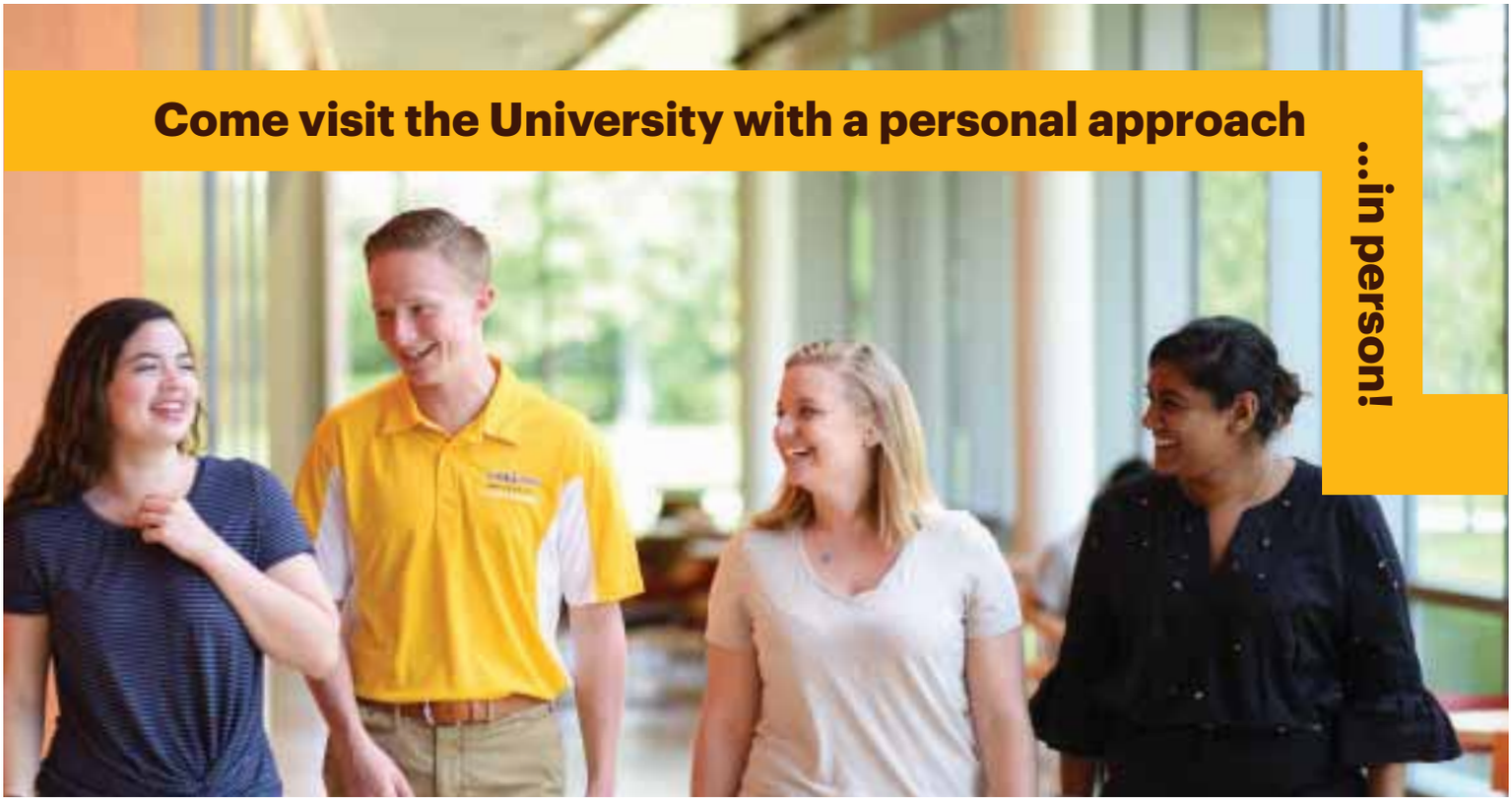

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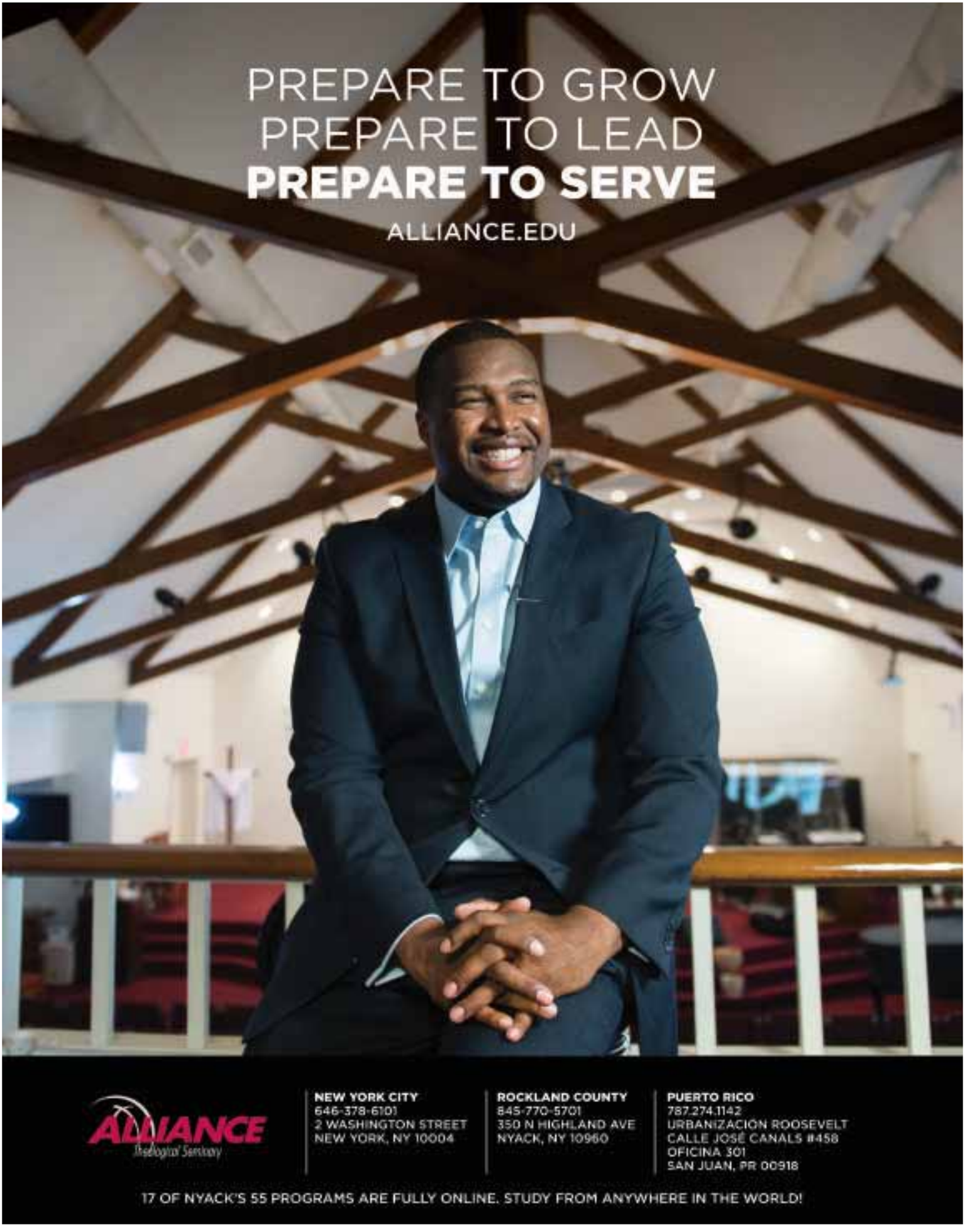
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How to pay for college when you haven't saved enough

ISTOCK

NerdWallet is a personal finance website.

If college tuition bills are looming and you don't have nearly enough saved, you have plenty of company. But you also have options for making it more affordable.

Four out of 10 families who hope to send kids to college aren't saving for that goal, according to student loan company Sallie Mae. Among those who are, parents of children aged 13 to 17 have saved an average of $22,985.

That's not enough to pay for the typical college education out of pocket. The net average cost for a year of college, after scholarships and grants were deducted, was $15,367 in 2017, according to Sallie Mae. That means a four-year degree is likely to cost over $60,000. The expense can, of course, be much higher since many elite schools now charge $70,000 a year or more.

Here are some steps to take now to secure an affordable education — and avoid crushing debt.

Set borrowing limits
The federal PLUS loan program allows parents to borrow the full price of virtually any college education. That's rarely a good idea. It's much smarter to decide before applying for schools how much parents can and want to contribute. In general, parents should limit borrowing to what they can afford to pay off before retirement, while still being able to save for that retirement.

It's also reasonable to ask the student to first exhaust federal student loan options before parents consider borrowing. Students typically can borrow up to $5,500 in federal student loans for their first year of college and a total of $31,000 for an undergraduate education.

Apply to financial 'safety,' 'target' and 'reach' schools
College counselors typically recommend applying for three types of schools, based on the student's academic credentials: "safety" schools virtually certain to say yes, "target" colleges likely to accept them, and "reach" options where acceptance is a long shot.

Families also should also include at least one financial "safety" school — a college with costs they know they can handle — as well as "target" schools that could be affordable and a "reach" school that may surprise them with generous financial aid. The net price calculators available on every college's site can help identify likely candidates.

Consider alternatives
Not every career requires a four-year degree. For those that do, a year or two of community college can significantly cut costs but also may increase a student's risk of dropping out. Community college may be best for self-motivated types who are determined to get a degree and who can do the legwork in advance to ensure their credits will transfer to the desired four-year institution.

For kids who aren't that motivated or are unsure what they want to study, a gap year may be a good option. They'll have another year to grow up and get focused, without racking up college expenses. They could even get a job to pay some of those costs.

Speaking of motivation... Encourage focus
It's a lot to ask 17- and 18-year-olds to decide what they want to do for the rest of their lives. Dithering is expensive, though. Most colleges have career counselors who can help students sort through their options, and internships can offer real-world glimpses of future career paths.

LIZ WESTON

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Pat King
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ISTOCK

PUSH-BUTTONS ON BATHROOM SINKS
Technological innovation is one of the biggest benchmarks in the evolution of our species as this hunk of rock we inhabit floats through space. The inventions have made our lives easier by eliminating problems that have caused us pain and misery in our everyday lives. But when I am walking back from the restroom with water splatter all over my clothes from the splashback velocity created from those push-button faucets when I wash my hands, I can't help but think to myself: "If it ain't broke, don't fix it." Haven't we come so far in our existence as human beings to know when a good invention should simply remain the standard? I will forever hold the push-button faucets in the same space in my heart as I do any of the "Sandlot" sequels. Why improve on a good thing?

READER WRITE-INS:

WALKING WITH PURPOSE!
Amen to Damon M., who wrote in about clueless pedestrians ("Walk with a Purpose"). I battle this every day in Center City, Philadelphia, often when I need to catch a train or get to work. The worst offenders are people who stop suddenly to check their phone, or walk slowly while texting/talking/playing Words with Friends. Another grumble for another day is the people who insist upon skateboarding or biking around City Hall, ignoring the signs posted forbidding it.
— Abbey, *Metro Philly reader*

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The winning caption from Dawn MacAdams-Mull, *Metro Philly reader*

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Aries Put your head down, push forward and don't stop until you are satisfied with the results you get. Your drive and determination will ward off criticism.

Taurus Take control and do your own thing. The ideas you have and the changes you make will be well-received. A partnership will help raise your profile and your success rate.

Gemini Jealousy will not help you get ahead, but hard work, dedication and a positive attitude will. Don't stop until you have accomplished what you set out to do.

Cancer You'll be able to initiate a change that will bring you closer to people you want to work alongside or those you love and want to spend more time with.

Leo Listen to complaints and do what you can to keep the peace, but don't give in to anyone using emotional tactics to throw you off track. Your reputation will be at risk.

Virgo Someone will offer you a different perspective that will help you see the possibilities that are within reach. If you share in the conversation, a unique partnership will develop.

Libra Make the most of your day. Don't wait for others to take charge when you should be applying your skills and putting forth the effort to turn your ideas into reality.

Scorpio If you are resourceful and disciplined, rewards will be forthcoming. Refuse to give in to pressure or stress caused by someone acting aggressively or indulgently.

Sagittarius Help yourself before you help others or you will end up getting taken advantage of by someone eager to hand you responsibilities that he or she doesn't want.

Capricorn Look for an opening to present and promote what you have to offer. An unusual deal will turn out to be prosperous if you add your own unique touch.

Aquarius Take care of personal matters, pending settlements, contracts or anything else that can affect your financial standing. Protect against loss, minor injury and excessive or inappropriate behavior.

Pisces The changes you make will take others by surprise. A chance to use your skills in a unique way will open doors to new beginnings. Love and romance are on the rise. **EUGENIA LAST**

UNION SQUARE PARTNERSHIP

How to get to *zero*

Union Square is setting an example of sustainability and waste management — and you can help.

EVA KIS
eva.kis@metro.us

Urban parks are a necessary haven from the hustle of city life. But being in one of the busiest business districts of New York City, as Union Square Park is, means the problems of city life also come into the park — especially garbage. So how can a park stay green?

That's the question the Union Square Partnership, a business improvement district nonprofit, set out to answer on its mission to meet Mayor Bill de Blasio's OneNYC goal of sending zero waste to landfills by 2030. Finding the answers would involve thinking as small as a straw and as big as who collects the neighborhood's trash, and working with businesses as well as the people passing through.

Getting their hands dirty

About a year ago, Union Square Partnership hired Monica Munn, who's had a long career in urban sustainability and public policy as part of the Rockefeller Foundation as its director of economic development.

Waste is an issue that comes up frequently in the partnership's annual community opinion survey. Besides being an eyesore, piles of waste can block or contaminate bike lanes and attract pests. So to find out what was being thrown away, Munn enlisted the help of graduate students at Columbia University's Earth Institute, who dug through 600 lbs. of trash collected in and around Union Square over three days in April 2018.

Their findings were startling: 84% could be recycled or composted; the biggest culprits were mixed paper (23%), hard plastics (17%) and food scraps (15%).

Turning knowledge into action

With that information, Munn and her team started working on solutions and reaching out to businesses in the Union Square district with ideas both small and large.

This summer's movement to get rid of plastic straws neatly tied into their campaign, as did the growing interest in eating food that's grown as closely as possible to where it's eaten — Union Square hosts the GrowNYC greenmarket four days a week — and the ongoing fight to ban or at least tax plastic bags.

But the single biggest issue is grab-and-go eateries, which generate single-use plastic bowls and utensils, and coffee cups that may not be recyclable because of their lining.

Munn acknowledges the difficulties of convincing people to bring their own bottles, thermoses and bags, but it's not a campaign she's fighting alone. Several businesses in the district like Pret a Manger now accept to-go bottles, even offering a few cents' discount. Munn also sits on the Manhattan Solid Waste Advisory Board, which is lobbying for a set of standards from the Department of Mental Health and Hygiene to help other businesses accept reusable containers.

Union Square Park is implementing a garbage sorting system this month, and Munn is working on unifying how trash is hauled away to reduce the number of trucks on the road, making the city safer and greener for people well beyond Union Square.

Students from Columbia's Earth Institute sift through trash collected in Union Square Park. COVANTA

Leading the way

Among the closest to the OneNYC goal is Breads Bakery, which diverts, recycles or has eliminated about 88% of its waste. COO Kelly Jacques had the bakery audited by FoodPrint, a food waste consultancy, and found their back-of-house process looked good — but things could improve out front.

Breads now has composting/recycling bins for customers, has switched to compostable straws, provided mason jars instead of plastic cups for water, and is working on eliminating sugar packets.

"We see it as a decision made in the same light as us choosing a more expensive butter in our croissant," she says. "For the same reason we are using a better-quality ingredient, we are going to these extra steps."

PROVIDED

Get free ramen from Ippudo today

Nobody tell Ippudo that you're supposed to get gifts, not give them, on your birthday. The Japanese ramen chain is counting its blessings and multiplying them by 100, giving away 1,000 free ramen bowls to mark its 10th anniversary.

The Fukuoka-based chain opened its first U.S. location in the East Village at 65 Fourth Ave. near Astor Place back in 2008. It now has three locations in New York City and two in California, plus four locations of its quick-service ramen spinoff Kuro Obi. But you'll only find the free ramen at their original spot today, beginning at 11 a.m.

The free ramen offer only applies to their original Ramen Zero, the first recipe created by Ippudo's "Ramen King" Shigemi Kawahara when he founded the restaurant in 1985. To make sure they can prep and serve all 1,000 bowls, Ippudo is suspending its regular menu for the day and making only Ramen Zero.

You'll know when the 1,000th free bowl is served — the restaurant will close. EVA KIS

Amber Heard talks 'London Fields' and how Hollywood deals with harassment

The 32-year-old actress opens up about her new film and the industry's issues with harassment.

MARIA POZINA MWN
letters@metro.us

"London Fields," the new mystery-thriller directed by Mathew Cullen, is set to hit the big screen on Oct. 26. The film is based on the 1989 novel of the same name by Martin Amis and tells the story of Nicola Six (Amber Heard), a mysterious girl who has an irresistible attraction for men. Metro chatted with Heard to learn more.

How would you describe Nicola?
I think Nicola is an antihero, she constantly wants to influence people. Sometimes she uses her own sexuality to get what she wants. On one hand, she is very strong, but on the other she finds herself in a certain situation not willing to be there. Obviously, Nicola is a very attractive woman, and her image is inseparably associated with sexuality. Even her surname — Six — sounds almost like "sex." She is trapped in this image. Even the idea of death seems more attractive to her than the thought of fading female sexuality. So you can call her strong, or weak, depending.

In this film, you had wonderful partners, like Billy Bob Thornton.
Yes, he is an excellent actor. His character in the film is both a narrator and an actor. We are all very lucky that Billy Bob worked with us.

What was the most difficult part about working on this movie?
It's always difficult to work on screen versions [of books]. But our director did a good job. Mathew did something special with the classic book on mystical murder. He brought his own way of narrating this story, and that's why I originally got interested in this project.

You've been called one of the sexiest actresses of our time. Being attractive in Hollywood sounds dangerous now due to the many scandals associated with harassment.
To be honest, I'm shocked by the reality in which we live. But at the same time, I am inspired by the progress that already exists. We finally began to cover the problem of harassment. I am amazed that people who behave unacceptably tried to protect and hide their actions, just to preserve the status quo. This was done at the cost of insulting women, people of other races and other minorities. The community is finally starting to hear their problems and discuss them.

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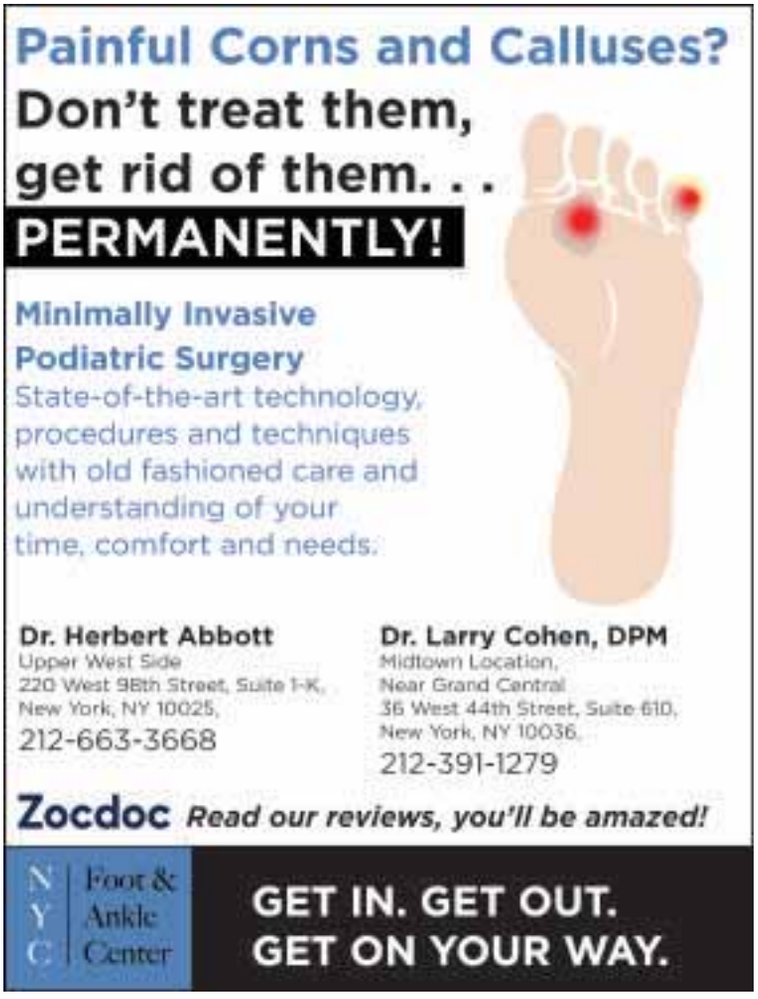
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‘Charmed’ star understands the controversy

Madeleine Mantock plays Macy on “Charmed.” MARC HOM/THE CW

Madeleine Mantock is grateful for Shannen Doherty and Rose McGowan’s recent support.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

When it comes to the controversy surrounding the “Charmed” remake, Madeleine Mantock admits that the initial description for it should have been worded better.

“In the starting of the reboot, when it was announced, maybe better words could have been used to describe it, which is something that Jennie [Snyder Urman] has said herself,” Mantock says. “They started out by calling it a feminist reboot. Not trying to denote that the other wasn’t. But people said that it was a barb against the original.”

“I think now that people are realizing that we meant both are,” she adds. “In that regard we haven’t spoken to anyone personally [from the original cast], but I have seen the positive support they have offered and I am really grateful for it.”

But while Mantock has yet to speak to any of the previous cast members, which included Holly Marie Combs, Shannen Doherty, Alyssa Milano and Rose McGowan, she did insist that she’s “grateful” for Doherty and McGowan’s recent support for the reboot.

“I haven’t, no. I haven’t spoken to any of them. I think the main connection we have had, they have been so lovely and I am so grateful for the positive feedback from both Rose and Shannen, showing us our support,” says Mantock. “It felt like the

surrounding the reboot

page had turned and they were expressing that this could be something great for a new generation. And if we can give even just a little bit of what they meant to people starting back in 1998, then that is a good thing. That is what we want to do."

It turns out, though, that Mantock herself was never actually a devout fan of the original "Charmed," as she confessed: "I definitely remember it. I think it was my brother that watched it.

"I knew what the characters looked like, I knew their names, there were elements of the show that I knew. I knew they were all sisters. And their names began with the letter 'P.' I was definitely aware of it. But not enough to call myself a fan," says Mantock. "Most people are, because it was such a huge entity. There's no other show that I can remember where I am not sure if I have watched a full episode, and I know what it is about, so it speaks to the huge, pop culture moment it had that people do.

"People went to it for fashion, for all sorts of things. It sparked a real interest in people and kept people watching for eight seasons because it brought something new. There were three females at its forefront — that wasn't the norm at the time," she adds. "After we were cast, me and Mel went back to watch the pilot. Because we were told that in our pilot script there were a few callbacks to what they had done. So I wanted to see it so I could pay homage to what they had done."

But while Diaz and Mantock might not have watched the original episodes when they aired, "Charmed"'s new showrunner, Jennie Snyder Urman, made sure to surround herself with writers and creatives that were die-hard fans.

"Jennie is so brilliant. She has a brilliant mind. She is so precise and quick. I feel really grateful that we have her," says Mantock. "The team that she has assembled, we have Jessica O'Toole and Amy Rardin, who worked on 'Jane the Virgin' with her, and she picked them to write the show. [They] have been friends since they were 12 and were mega-fans of the original."

She adds, "They have the well of information and passion that we turn to."

"Charmed" airs Sundays at 9 p.m. on The CW.

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HEALTH

What you need to know about breast cancer treatment

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ISTOCK

You'd have to be a hermit to not know that October is Breast Cancer Awareness Month — pink is everywhere. What many people might not be aware of is how much information about breast cancer treatment is outdated or false. We talked to Dr. J. Jaime Alberty-Oller, surgical breast oncologist at The Dubin Breast Center of the The Tisch Cancer Institute at the Mount Sinai Health System in New York to help separate fact from fiction.

Do breast cancer surgeries and biopsies cause cancer to spread?
This is one of the questions that patients ask about most often when first diagnosed, leading to a lot of anxiety right from the start. Patients should know that it is largely a myth that exposure to healthy surrounding tissue (during a needle biopsy) or to the air in an operating room (during surgery) will cause cancer to spread. Medical evidence suggests that "tumor seeding," or spreading, is unlikely. A recent study from Mayo Clinic dispelled this myth, as researchers were able to show that patients who had needle biopsies actually did better than those who did not.

Does everyone at high risk of breast cancer need a mastectomy?
Every woman is different, and there are varying levels of breast cancer risk for each. An average woman's risk of developing breast cancer is often quoted to be 1 in 8, which amounts to a risk of 12%. A number of personal and family history factors may ultimately increase that risk. Most patients at high risk of breast cancer will not need surgery. Patients who test positive for certain genetic mutations (such as BRCA 1 and BRCA 2), however, may benefit from risk-reducing surgery, since their chance of developing breast cancer is much higher than an average woman's.

Can a lumpectomy be as effective or more effective than a mastectomy?
Most patients diagnosed with breast cancer will be able to choose between a lumpectomy (where only the cancer is removed with a rim of normal breast tissue around it) and a mastectomy (where all of the breast tissue is removed surgically). Both are equally effective in terms of how well patients do in the long run. Some women, unfortunately, will not be candidates for a lumpectomy if, for example, their cancer is too big or if they have more than one cancer in their breast.

Can titanium clips left in the breast damage the breast or travel to other parts of the body?
Nowadays, breast biopsies are almost always done with a needle for lesions that cannot be easily felt. In order to be able to find the area again, whether or not surgery is needed, titanium clips are left to mark the specific area in the breast. These clips are very, very small (about the size of a comma in a page) and the body does not react to them. They will not travel to other parts of the body and are overall very safe to use. They can be easily seen in a mammogram, helping doctors really focus on the sampled area in the breast.

What is lymphedema? Does everyone who gets lymph-node surgery get lymphedema?
Lymphedema refers to swelling of the arms that results from altered lymphatic flow after treatment. The lymphatic system normally collects, filters and clears excess fluid from the body. When there is a blockage, the fluid cannot be returned to the bloodstream, and swelling occurs. Both surgery and radiation may lead to such blockades. Most patients who have lymph-node surgery will not develop lymphedema, but the chances of developing it increase as more extensive surgery is done.

Do you have to worry about recurrence after getting a mastectomy? What about developing breast cancer if you have a preventive mastectomy (a la Angelina Jolie, women who test positive for BRCA 2)?
After a mastectomy, the chances of a recurrence (or the cancer returning) are indeed lower when compared to a lumpectomy — but they are still not zero. Some patients think that by getting double mastectomies, they will not have to worry about developing breast cancer in the future. Unfortunately, that is not the case, as cancer may happen from only one microscopic breast cell that is left behind. This is why it so important for patients to get regular physical examinations from their doctors, especially after undergoing a mastectomy. Your doctor will let you know how often to get examined.

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The '18-19 NBA journey begins

PHOTOS: GETTY IMAGES
DESIGN BY JOE PANTORNO/METRO NY

Metro previews the upcoming NBA season, which begins tonight.

JOVAN ALFORD
jovan.alford@metro.us

A new season of NBA action is upon us. The 82-game grind toward a trip to the 2019 NBA Finals begins on Tuesday night with the Philadelphia 76ers taking on the Boston Celtics and the Oklahoma City Thunder facing off against the defending NBA champion Golden State Warriors.

It should be an exciting year in the Association as there are plenty of changes across the Eastern and Western Conferences. For starters, LeBron James left Cleveland and decided to sign a lucrative four-year, $154 million deal with the Los Angeles Lakers.

Can LeBron lead the young Lakers core of Lonzo Ball, Kyle Kuzma, Josh Hart, and Brandon Ingram to the playoffs? We shall see.

Staying in the state of California, the Warriors are looking to three-peat. The last time an NBA team won three straight titles was when Michael Jordan's Chicago Bulls dominated the league from 1995-1998.

After sweeping the Cavaliers in last season's NBA Finals, the Warriors reloaded over the summer by signing center DeMarcus Cousins to a one-year deal. The rich get richer, which makes Golden State the favorite to win the NBA title again.

However, you cannot forget about the Thunder, who still has the triple-double machine that is Russell Westbrook.

In the offseason, Oklahoma City re-signed Paul George to a massive four-year deal and acquired point guard Dennis Schroder in a three-team trade with the Atlanta Hawks to get rid of Carmelo Anthony's contract. Speaking of Anthony, he now joins a Houston Rockets team led by James Harden and Chris Paul that was 48 minutes from a trip to the NBA Finals last season.

Along with those teams mentioned, there will be a lot of attention paid to the upstart Denver Nuggets, Utah Jazz, the Anthony Davis-led New Orleans Pelicans, and the soap opera involving Jimmy Butler and the Minnesota Timberwolves.

While the Western Conference seems loaded with talent and drama, the Eastern Conference is wide open as the Celtics, 76ers and Toronto Raptors are poised to fight for the title.

This season, you can expect the Celtics to be back in the conference finals and possibly making the NBA Finals. They are one of the more complete teams in the league and are getting back a healthy Kyrie Irving and Gordon Hayward. Don't forget they still have Jayson Tatum, who had an amazing rookie year and is a star in the making.

The Sixers, who were bounced in the second round of the playoffs by the Celtics, could not land a star in the offseason and return with most of the same team from last year. However, Philadelphia could make that jump to the next level if Markelle Fultz is ready to go. Last year's No. 1 overall pick missed most of the season with a shoulder injury and had issues shooting the ball.

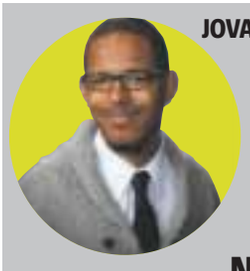
Fultz has looked like a completely different player in the preseason and that is good news for the Sixers and their fans. The young point guard wants to be the third star for Philly and will get that chance playing next to Joel Embiid and reigning Rookie of the Year award winner Ben Simmons.

Unlike the Celtics and Sixers, the Raptors made some major changes in the offseason. First, they fired reigning Coach of the Year winner Dwyane Casey and hired Nick Nurse. Then Toronto made a huge splash trading star guard DeMar DeRozan to the San Antonio Spurs for two-way superstar Kawhi Leonard.

The move sent shockwaves around the NBA as many people did not peg the Raptors as a possible destination for Leonard. The quiet two-way superstar now makes Toronto a legit contender with Kyle Lowry, OG Anunoby, Serge Ibaka, and Jonas Valanciunas still in the fold.

Outside of the top three teams in the Atlantic division, keep your eyes on the Washington Wizards, Indiana Pacers, and the Milwaukee Bucks with potential MVP candidate Giannis Antetokounmpo this season.

Now that you know what to watch for, who will win the MVP? Rookie of the Year? And the 2019 NBA Finals? Check out our selections below from the Metro Sports staff.



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A Kevin Hayes trade could keep the Rangers' young rebuild moving

With Lias Andersson waiting in the wings, New York needs to utilize its depth at center on the trade market.

JOE PANTORNO
joseph.pantorno@metro.us

Trading Kevin Hayes (left) would allow the Rangers to call up promising prospect Lias Andersson (right). GETTY IMAGES

The New York Rangers rebuild in 2018-19 has gone exactly how many expected during the early portions of the season, as the Blueshirts are 1-4 after five games.

Management made it clear last season that there are going to be some lean years around Madison Square Garden as the Rangers build a future contender through youth, whether that's from draft picks or trades.

They already have a stockpile of young centers, so many in fact that some of their brightest talents are still in the AHL waiting to get a shot at consistent playing time in the NHL. Among those prospects is Lias Andersson, the 20-year-old Swede poised to make the jump to the big club after being drafted seventh-overall at the 2017 draft.

He saw brief playing time last year, appearing in seven games while recording a goal and an assist before being sent back down once again.

Andersson has had a hot start to the season with the Hartford Wolf Pack, the Rangers' AHL affiliate. Over his last three games, he's recorded six goals (2 G, 4 A), as he continues to make his case to management that he should be playing full-time in the Big Apple.

In order to do so, the Rangers have to make a move in order to open a spot for him. Of the centers currently on the NHL roster, between Mika Zibanejad, Brett Howden, Kevin Hayes and 19-year-old Filip Chytil, Hayes is considered a favorite as the one to go.

During the summer, Hayes' name was mentioned alongside Mats Zuccarello and Chris Kreider about possibly being traded in an attempt to accrue more future assets. At 26 years old, he is coming off a 2017-18 season in which he posted a career-best 25 goals while etching out a niche as a power forward.

Talent-wise, Hayes is a middle-line center, one that can add offensive depth to a contender looking for a scoring punch. For example, the San Jose Sharks could be a perfect trade partner after putting Joe Thornton on injured reserve.

For a contender in need of established offensive help immediately, the Rangers should be atop anyone's list as their rebuild is in full swing. Hayes, who will be an unrestricted free agent after this season, will likely bring a return of more draft picks while a slot is open for Andersson to truly begin his NHL career.

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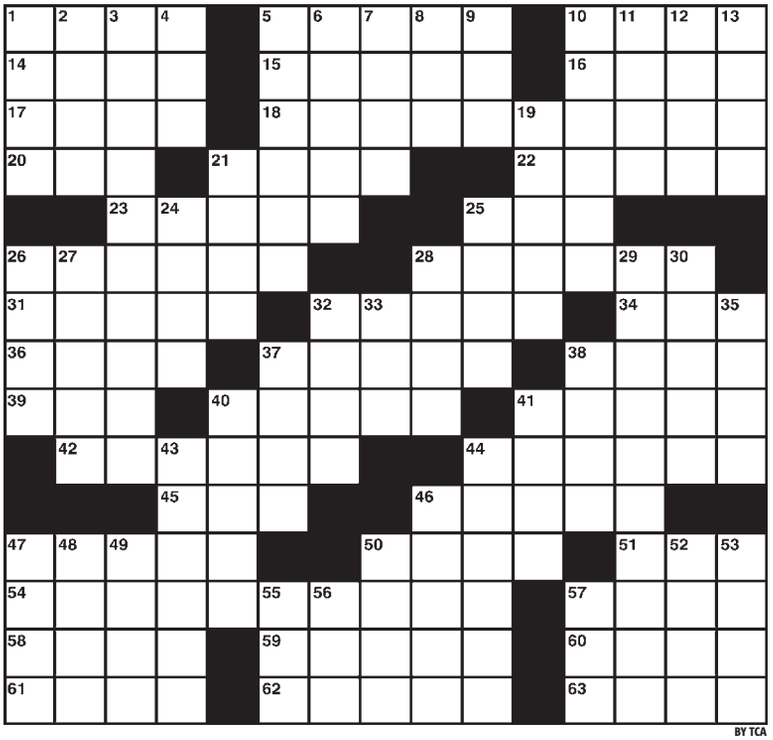

BY TCA

ACROSS

1 Uncertain
5 Be ready for
10 Deeds
14 Eucalyptus or ash
15 Actress Messing
16 Blood-sucking insect
17 Tigers & tabbies
18 Unyielding
20 Shack
21 Hitchhiker's hope
22 Pool toys
23 Bring together
25 Jewel
26 "Little Women" author
28 Leaf vegetables
31 Filthy __; ill-gotten gain
32 Wide
34 Feasted
36 Overly proper
37 Anxieties
38 Stick around
39 Moral transgression
40 See eye __; agree
41 Snail's trail
42 Remains; rubbish
44 Ice cream portions
45 "__ Abner"
46 __ away; flabbergasted
47 "Get lost!"
50 Sandy sediment
51 Be victorious
54 __ ads; newspaper section
57 Critical
58 Dad's sister
59 Water barrier
60 Smell
61 New Jersey team
62 City in England
63 __ away; dismiss

DOWN

1 Poison ivy symptom
2 Berlin wife
3 Thick flat pasta
4 TV's "Say __ to the Dress"
5 Floating
6 Like neglected gardens
7 Suffix for laugh or fashion
8 Wrath
9 Deer's color
10 On fire
11 Treble __; musical symbol
12 Quiz
13 Talk back
19 Like a forest
21 Ceremony
24 Man's nickname
25 Mardi __
26 Swiss skier's milieu
27 Gruesome
28 Puncture
29 Across the country
30 Rubber-__; approve routinely
32 Stingers
33 Actor Romano
35 Facial features
37 Aluminum wrap
38 Sluggish
40 Brief haircuts
41 Aberdeen native
43 Explosions
44 Playground inclines
46 Raise AKC dogs
47 Read over quickly
48 Helpful hint
49 Angry speech
50 Be generous
52 Press
53 Bookish fellow
55 Under the weather
56 "__-fi-fo-fum..."
57 __ and don'ts; rules

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M	A	Y	E	R	Z	Y	E	Y	G
U	Y	U	G	Y	D	D	U	B	S
U	I	H	K	O	I	M	O	O	R
N	R	T	E	S	Q	U	I	R	E
I	I	R	N	D	K	P	E	B	T
T	S	I	R	A	T	I	U	G	H
N	H	O	J	U	I	Y	N	S	G
O	S	Q	U	A	R	E	S	G	U
C	L	A	P	T	O	N	A	Q	A
W	O	N	D	E	R	L	A	N	D

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Clapton
Continuum
Daughters
Esquire
Guitarist
Inside
John
King
Mayer
Room
Squares
Trio
Try
Wonderland

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S	H	E
E	O	R

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	7				2	5		6
	5	9		3	1			7
		2		5		4		3
	8				3			4
9			1				7	
7		8		9		2		
3			2	7		6	5	
2		5	3				4	

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S	L	O	W			S	L	U	G		S	T	A	G
P	A	R	E	D		T	U	N	E		H	E	R	R
U	N	I	T	E		E	X	O	N	E	R	A	T	E
N	A	G		T	O	A			D	R	E	S	S	Y
		I	D	E	A	L			A	N	D			
S	A	N	E	S	T			P	R	I	S	S	Y	
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G	U	L	P		B	R	I	D	E		T	O	D	O
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